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Let's Sew : Extension Circular 4-10-70

Gerda Petersen

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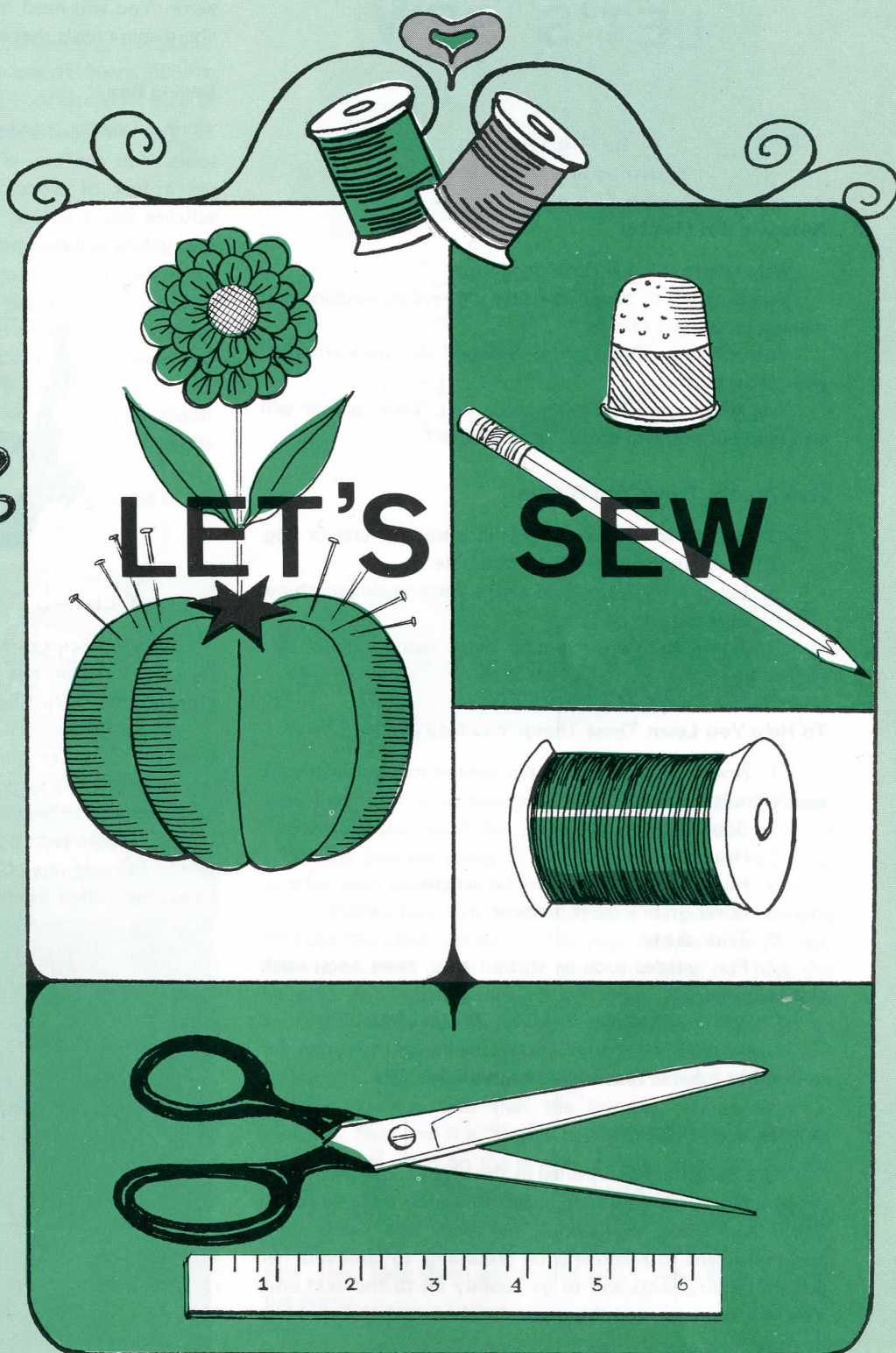
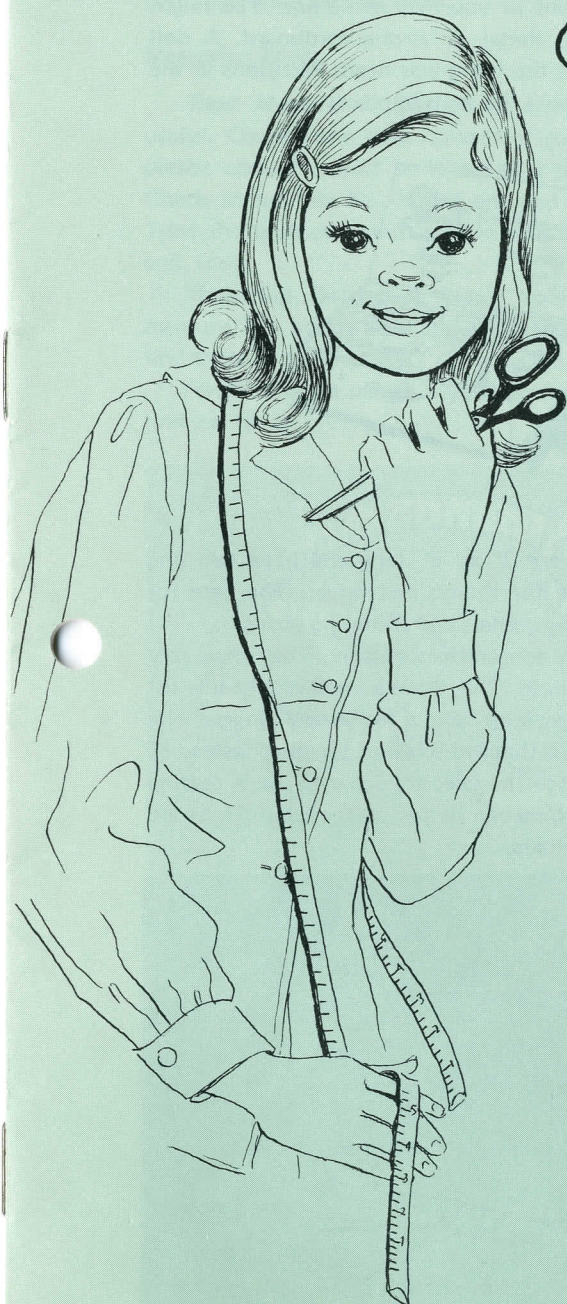


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Extension Service, University of Nebraska-Lincoln College of Agriculture Cooperating with the
U. S. Department of Agriculture and the College of Home Economics
E. F. Frolik, Dean J. L. Adams, Director

LET'S SEW

By Gerda Petersen
Extension Specialist (Clothing)

Note to a 4-H Member

Welcome to the 4-H clothing world!

You're going to have fun using the sewing machine and making something to wear.

You will learn many things. You will also work and play with other girls.

You will have a leader to guide you. Your mother will also help but you will do the work yourself.

Here Are the Things You Will Do

1. Collect small sewing tools in a suitable box or bag.
2. Learn to use a needle and thimble.
3. Learn about using and caring for a sewing machine.
4. Learn about fabrics.
5. Learn to make machine hems, seams, cloth ties, facings and pockets.

To Help You Learn These Things You May Make

1. Needle case and wrist pincushion to keep with your sewing tools (optional).
2. Book bag or tote bag.
3. Head scarf.
4. Handy Ann apron or similar article.
5. Cover-up or similar garment.
6. Trick skirt.
7. Fun articles such as stuffed toys, bean bags, wash cloth slippers.

(Choose any 3 articles from No. 2 through No. 7.)

If you have more time to sew make more articles for yourself or others. These could be made for gifts.

A Note to a 4-H Mother

Your daughter has enrolled in the beginning 4-H clothing project. She needs your help in securing good tools, selecting fabric and using the sewing machine. She needs your encouragement to practice good grooming, to complete her project requirements and to go happily on to the next one. You will want to read this manual to know what she will be doing.

Help her but don't do her work for her. Don't expect perfection. It is important that the beginning sewer enjoy her work. Skill will come with experience.

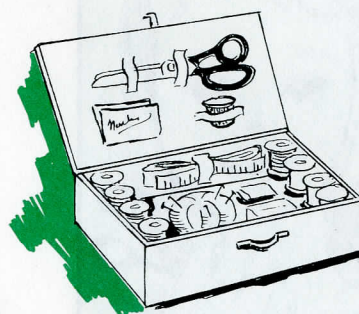
Her club leader also needs your help and cooperation in making club work a joy for all the girls.

TOOLS FOR SEWING

Before you can begin to sew you will need some tools. Carpenters, farmers and artists all have special tools for their work. You will need tools for your sewing. We will tell you about some tools that will make sewing easier and neater.

Sewing Box

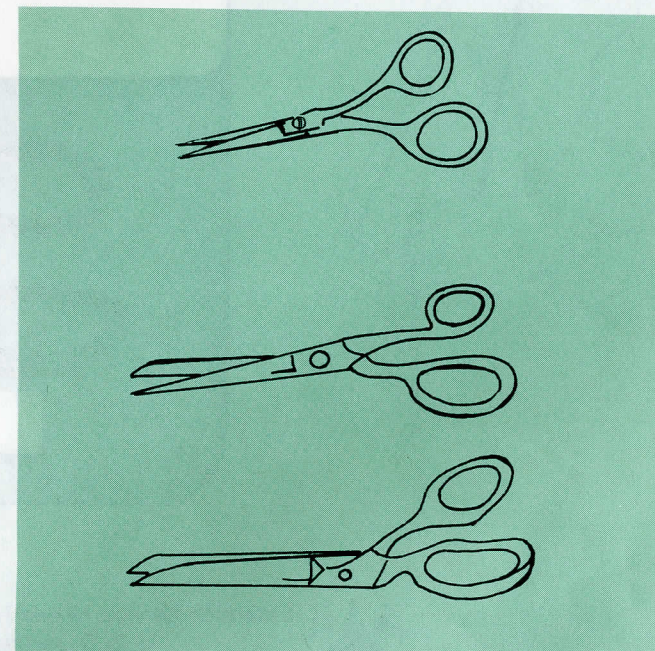
You will need a sewing box or basket to hold your small tools. You can buy one or you may make one. You might use a box of wood, metal or strong cardboard. A doll suitcase could be just the thing you need. Partitions in the sewing box will help hold the tools in place.



Cutting Tools

Scissors—Scissors are 3" to 6" long and have two ring handles the same size for thumb and finger. They are for clipping thread, cutting corners and trimming seams.

Shears—Shears are longer than scissors. They may vary from 6" to 12" in length. They have a small ring handle for the thumb and a larger loop handle for several fingers. The best shears have blades that are screwed together instead of riveted. Shears with bent handles are easier to use in cutting fabrics because one blade can lie flat on the table. These are sometimes called trimmers.



It would be nice for you to have both small sharp-pointed scissors and bent-handled shears. Take good care of your cutting tools. Keep them sharp. Do not cut heavy string, paper, cardboard, etc., with them. Use them for just your sewing work.

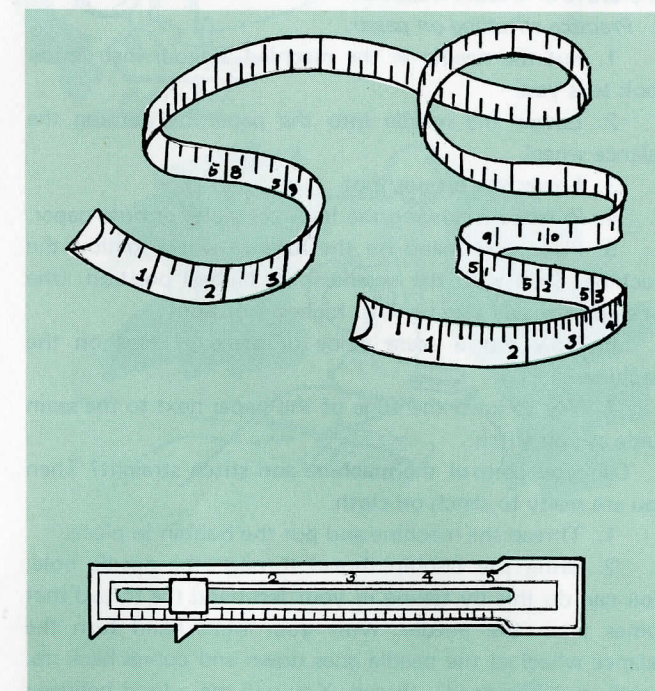
A drop of sewing machine oil on the inside of the blades and screws will improve the cutting edges of shears. Be sure to wipe them carefully before you cut your cloth. Be careful not to drop your shears. A good workman values his tools and takes good care of them.

Measuring Tools

Tape Measure—A 60-inch tape measure will be most useful. Choose one that is made of good quality fabric (or plastic coated fabric) so it will not tear or stretch easily. Check to see that No. 1 is at one end of the tape measure. Turn the tape over and be sure that No. 1 is at the other end, too.

Measuring Gauges—A 6-inch ruler or a small metal measure is a handy tool for measuring hems, etc. You can find these in many stores.

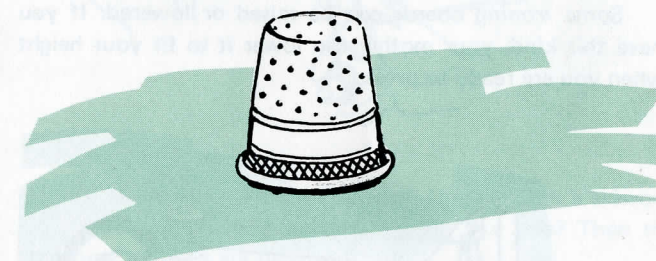
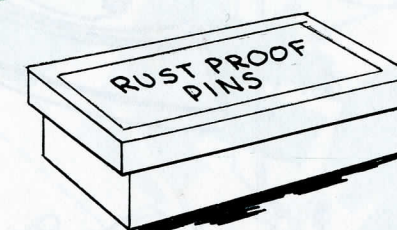
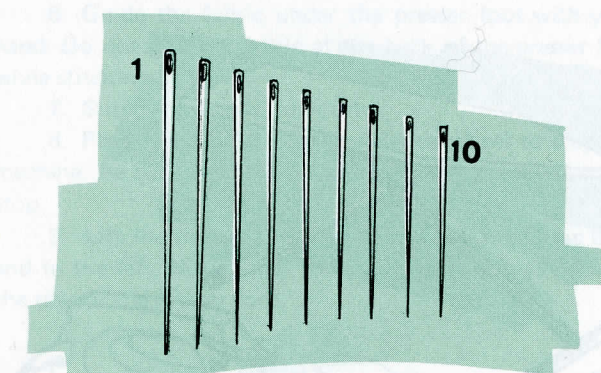
Pencil—Keep a pencil in your sewing box. You will often find use for it.



Sewing Tools

Needles—The needle is a magic wand! With a needle you can change pieces of material into an apron, a dress, a skirt. There are four kinds of needles:

1. **Sharps**—medium length, slender with round eyes.
2. **Between**s—shorter length, used for fine handwork.
3. **Crewels**—long eyes, good for darning and embroidering.
4. **Darning**—longer and have larger eyes than crewels. Needles come in sizes 1 to 12. Size 1 is large. Size 12 is



very fine. You often find them in packages of assorted sizes. Needles should match the thread you are using and the kind of sewing you are doing. A No. 7 in "sharps" will be a good size for your sewing.

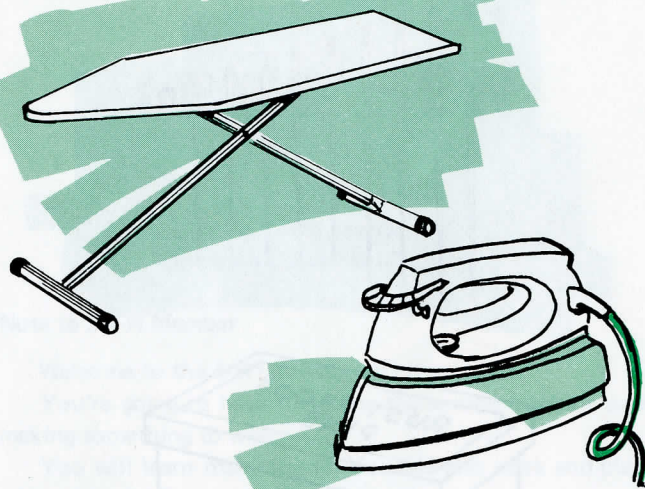
Thimble—You will need a thimble to push the needle through the cloth. Be sure it fits your middle finger. Silver, nickel, brass or steel make good thimbles. At first the thimble will seem awkward on your fingers. Can you remember when you were learning to write? It was hard to handle your pencil—but you learned! It will be much easier to learn to use a thimble than to learn to write.

The story is told that the thimble was invented in Holland. They call it a "thumb bell" because it looked like a bell and was worn on the thumb. Finally they changed the name to "thimble" because it was shorter.

Pins—Someday you will be able to make beautiful dresses, so buy pins that are labeled "dressmaker" or "silk" pins. They have sharp points and won't make large holes in the fabric.

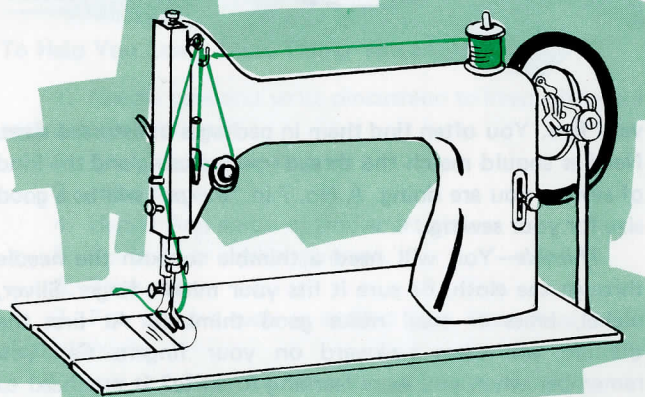
Pressing Tools

Iron and Ironing Board—A good iron and a well-padded ironing board are important for good sewing. Irons may be dry or steam. Your mother will help you set the temperature of the iron for the kind of cloth you are pressing. If you are



using a dry iron, you will need a clean white cloth (such as muslin or a piece of an old white sheet) to dampen the fabric you are pressing.

Some ironing boards can be raised or lowered. If you have this kind, your mother can lower it to fit your height when you are ready to press.



LEARNING TO USE THE MACHINE

What fun! You're going to learn to use a sewing machine. First, you should know the names of the parts of the machine you will use.

Your machine may not look exactly like the one shown here. Find the instruction book that came with your machine. Compare the picture of your machine with this illustration. Can you name the parts of your machine?

Find the place in your sewing machine instruction book that tells where to oil the machine. A machine should be oiled after 8-10 hours of use. If your machine has not been used for a week or more have your mother help you oil it before you begin to sew. Only one drop of oil is needed in

each oil hole. Run the machine for a few seconds and the oil will work into the machine parts. Wipe off any oil that is left on the machine. A few stitches on a piece of facial tissue will also help soak up any extra oil.

Now you are ready to become a machine operator. Choose a chair that is the right height for you when you run the machine. Sit erect and well back in the chair so you are comfortable. Before beginning to run the machine, raise needle and thread and lift the presser foot. Turn the balance wheel in the proper direction. (This is to get the machine started. On some machines the balance wheel turns forward; on others, backward.) Now apply pressure on either knee or foot control (if you have a treadle machine it will start in a similar way). Practice until you can keep the machine going at a slow, even speed. If you learn to run a machine slowly, you'll have better control over your stitching.

Warning: Remember, there is a lot of power in a machine!

Keep your foot or knee away from the control when your hands are near the needle. Keep your hands a safe distance from the needle when you are stitching with either an electric or treadle machine.

Practice stitching on paper.

1. Put the needle in the machine as your instruction book tells you.
2. Lower the needle into the paper by turning the balance wheel.
3. Lower the presser foot.
4. Practice following the lines on tablet or note paper.
5. Place your hand on the balance wheel to slow the machine. Stop with the needle in its highest position. (the take-up lever will also be at its highest position)
6. Now put a seam guide or piece of tape on the machine.
7. Try to keep the edge of the paper next to the seam guide as you stitch.

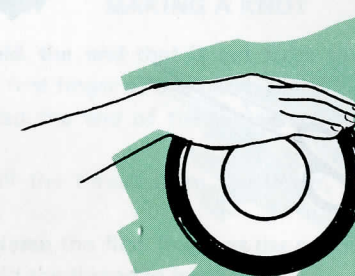
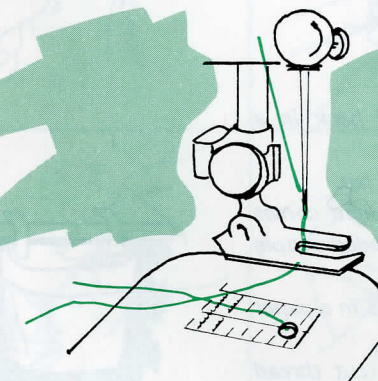
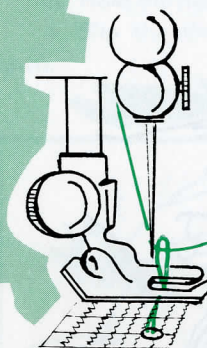
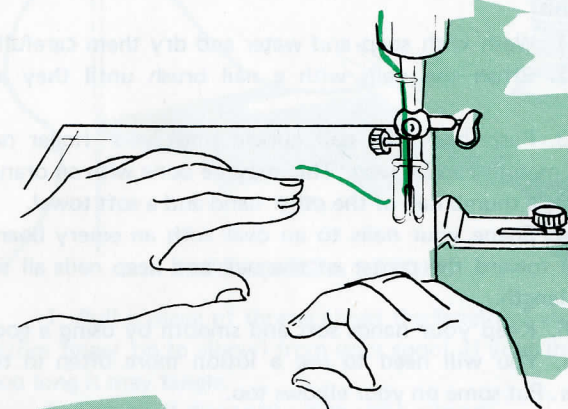
Can you control the machine and stitch straight? Then you are ready to stitch on cloth.

1. Thread the machine and put the bobbin in place.
2. Bring the bobbin thread through the needle hole. You can do this by taking in your left hand the thread that comes from the needle. With your right hand turn the balance wheel so the needle goes down and comes back up. Gently pull the needle thread. You will see a loop between the toes of the presser foot. This is the thread from the bobbin. Pull this thread upward.

3. Hold the bobbin and spool thread back and to the left of presser foot when you begin to stitch. This will keep them from tangling.

4. Place two strips of fabric on the machine, with one edge on top of the other and next to the seam guide. This is the way you stitch a seam.

5. Lower the needle into the cloth; then lower the presser foot.

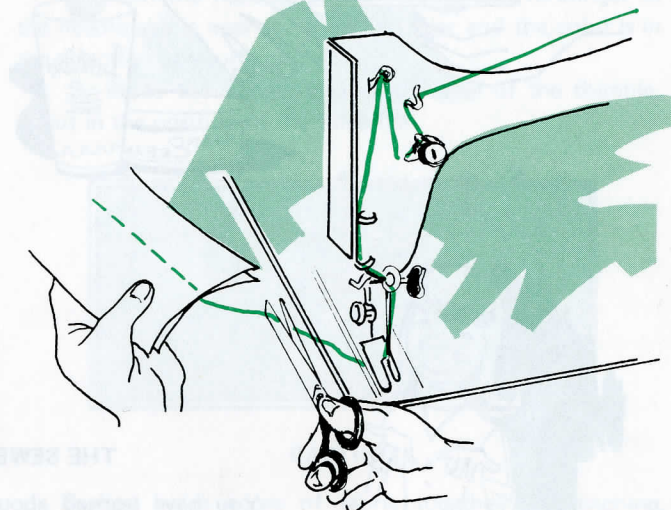


6. Guide the fabric under the presser foot with your hand. Do not pull the fabric at the back of the presser foot while stitching.

7. Stitch slowly and smoothly.

8. Place your hand on the balance wheel to stop the machine. Be sure the needle is at its highest point when you stop.

9. Lift the presser foot and gently pull the fabric back and to the left. Notice that the needle thread stays between the toes of the presser foot.



10. Clip the needle and bobbin threads with a scissors. Does your machine stitching look like this? Then the machine tensions are balanced.



Does it look like this? Then the upper tension is tighter than the lower.



Does it look like this? Then the lower tension is tighter than the upper. Ask your mother to help you adjust the tension on the machine.



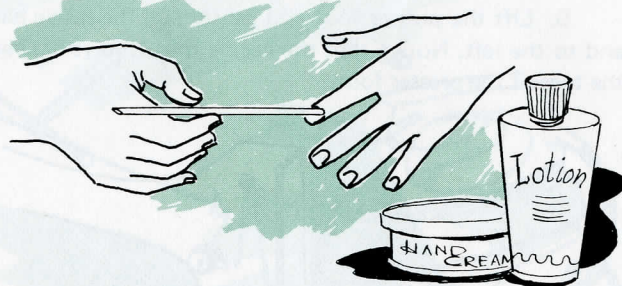
The presser foot is a good guide for stitching along folded edges. It can also be used in making even spaces between rows of stitching. Practice making rows of stitching, using the presser foot as a guide. As you make each new row, let the edge of the presser foot ride along the last row

of stitching. Practice until you are quite sure you know how to stitch and can stitch straight. Then you are ready to make something on the machine.

SEW WITH CLEAN HANDS

Let's look at your hands. Do they need some extra care? Try this:

1. Wash with soap and water and dry them carefully.
2. Brush the nails with a nail brush until they are clean.
3. Push back the nail cuticle until your finger nail "half moon" can be seen. This may be done with an orange stick or a thumb nail of the other hand and a soft towel.
4. Shape your nails to an oval with an emery board. Shape toward the center of the nail and keep nails all the same length.
5. Keep your hands soft and smooth by using a good lotion. You will need to use a lotion more often in the winter. Put some on your elbows too.



THE SEWER'S PLEDGE!

You have learned about sewing tools and the sewing machine. Are you ready to take the "Sewer's Pledge?"

I pledge myself:

To sew with clean hands.

To wear a thimble when I do hand sewing.

To maintain good posture by sitting well back in a comfortable chair.

To keep my work on a table instead of in my lap.

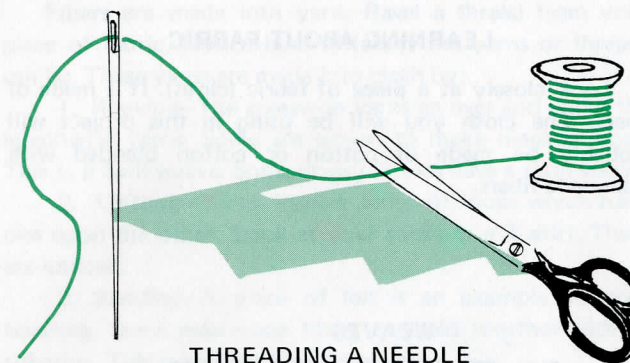
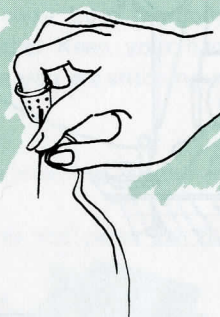
To protect my eyes by sitting where good light comes over my left shoulder (left shoulder for right-handed people and right shoulder for left-handed).

To keep my work neat and to put my scraps in a paper sack or waste basket.

To protect my teeth by using a scissors to cut thread instead of biting it.

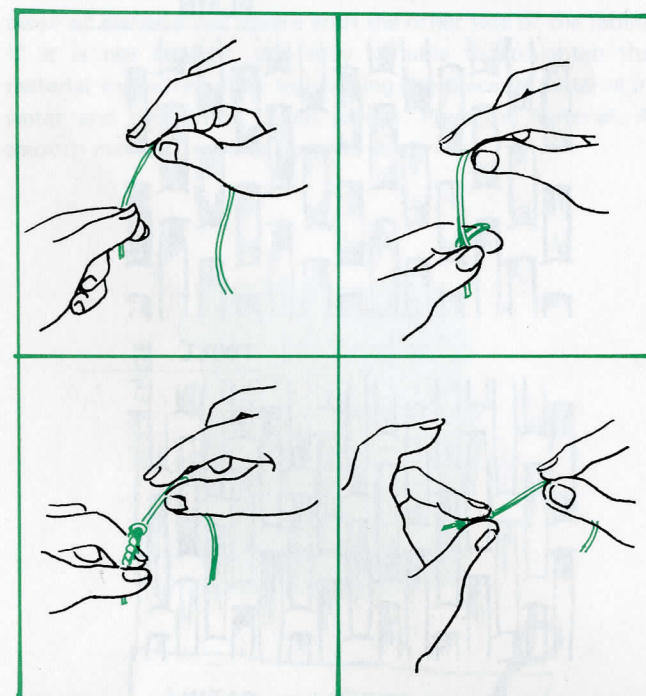
To accept advice but to do all my work myself.

I pledge myself to do these things because I wish to become a skillful sewer.



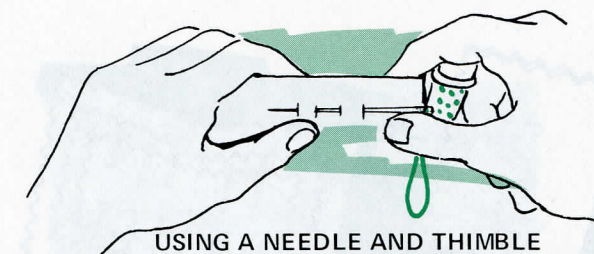
THREADING A NEEDLE

1. Pull a piece of thread about the length of your arm (from finger tip to elbow) from your spool. If your thread is too long it may tangle.
2. Cut it off diagonally with your scissors.
3. Hold the needle so you can see through the eye.
4. Slip the thread through the eye. Pull the thread down.



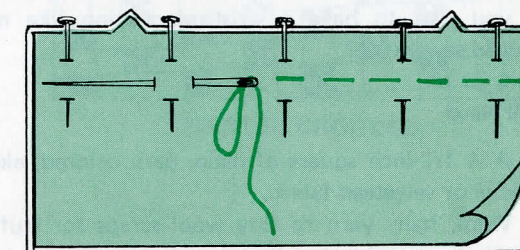
MAKING A KNOT

1. Hold the end that is cut from the spool between thumb and first finger of one hand.
2. Wrap the end of the thread around the first finger once.
3. Roll the thread from the finger, pushing with the thumb.
4. Release the first finger as the middle finger takes its place to hold the thread in position.
5. Pull on the long end of the thread with the other hand to tighten the knot.



USING A NEEDLE AND THIMBLE

1. Place the thimble on the middle finger of the hand you use for sewing.
2. Hold the needle between thumb and forefinger so the needle eye is near the thimble finger and the point is in the direction of your work.
3. Brace the needle against the side of the thimble, about in the position of the fingernail.



BASTING

Basting holds edges of fabric together for stitching, pressing or fitting. It is not always necessary to baste, but you will often save time and have more accurate stitching if you learn to baste carefully.

Sit so you have good light on your work. Lay your material flat on the table in front of you. This will help keep the material from stretching as you work on it.

1. Put pins in the cloth at right angles to the edges.
2. Use a single thread of contrasting color.
3. Baste beside the line where you will stitch.
4. Practice basting together two strips of cloth. When you begin fasten your thread by taking three or four small stitches at the end.

2 THINGS TO MAKE FOR YOUR SEWING BOX

Needle Book

There are many patterns for needle books or needle cases. Make the one you like best for your needles.

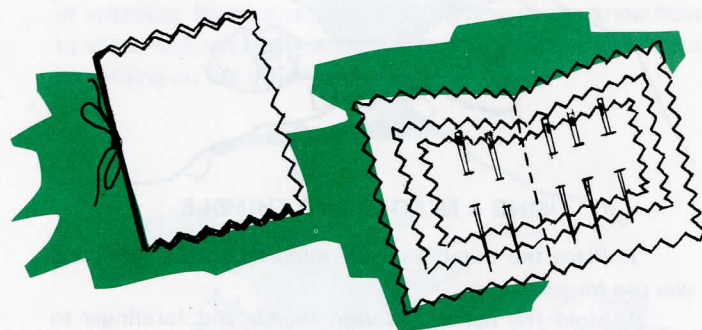
Here is one that is easy to make.

You Will Need

1. Felt or wool fabric that does not ravel.

How to Make the Needle Book

1. Cut three rectangles from the felt or wool. Sizes 5 1/2 by 3 1/2 inches—4 1/2 by 3 inches—4 by 2 1/2 inches. You might combine different colors or pink the edges to make the needle book more attractive.
2. Stitch the rectangles at the center or tie them together like a booklet.



Pincushion

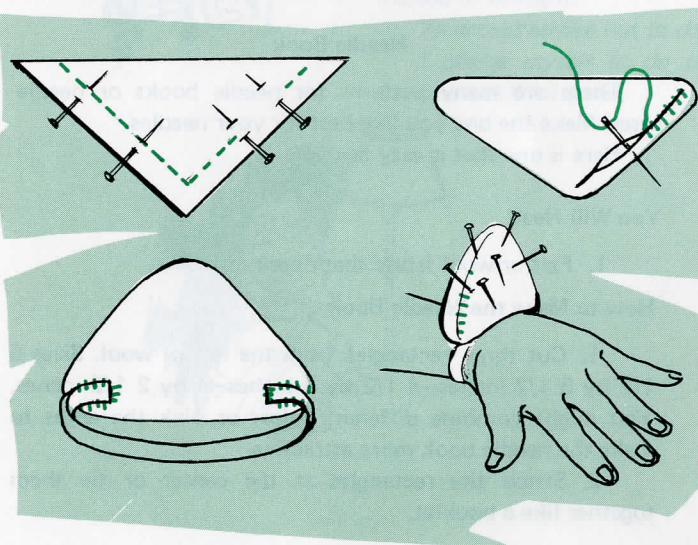
A pincushion will help you keep your pins where you need them. A good pincushion is one that you can stick pins into easily. You should also be able to see the pins easily. Would you like to have a wrist pincushion like many experienced sewers use?

You Will Need

1. A 4 1/2-inch square of plain, dark colored, closely woven wool or velveteen fabric.
2. Wool, hair, yarn or tiny wool scraps for stuffing. Wool or hair contains lanolin, a natural oil, that keeps needles and pins from rusting.
3. Elastic 1/4 or 3/8 inches wide, long enough to go around your wrist.

How to Make Pincushion

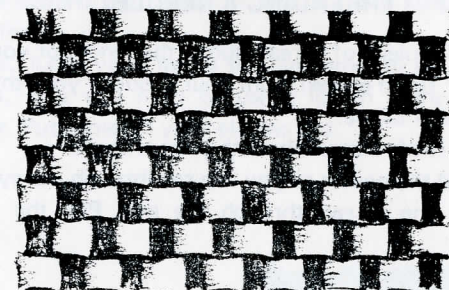
1. Cut a piece of fabric 4 1/2 inches square.
2. Fold the cloth in a triangle with right sides together. Pin.
3. Stitch 1/2 inch from the edge, leaving a 1 1/2 inch opening on the side.
4. Turn right side out. Pull out the points.
5. Stuff tightly so it will stand in a peak.
6. Close opening with short hand stitches.
7. Sew one end of the elastic firmly to the cushion. Make the elastic fit the wrist smoothly. Sew the other end of the elastic in place.



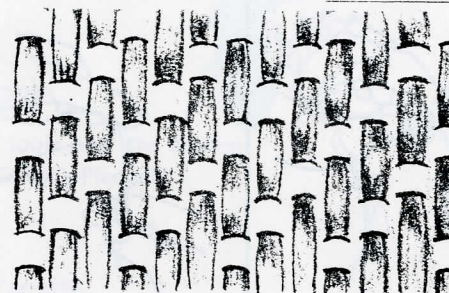
LEARNING ABOUT FABRIC

Look closely at a piece of fabric (cloth). It is made of fibers. The cloth you will be using in this project will probably be made of cotton or cotton blended with man-made fibers.

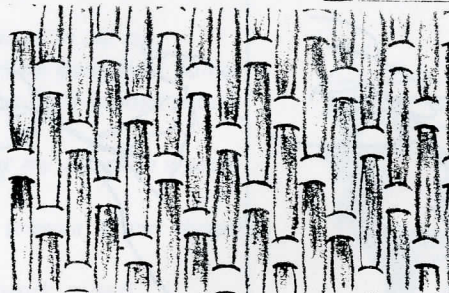
WEAVES



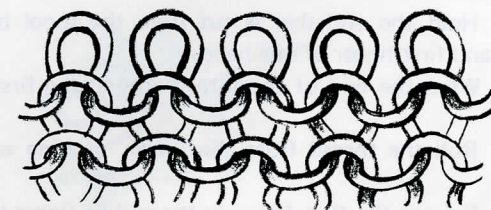
PLAIN



TWILL



SATIN



KNIT

Fibers are made into yarn. Ravel a thread from your piece of fabric. Notice how different the yarns or threads can be. These yarns are made into cloth by:

1. *Weaving*—The crosswise yarns go over and under the lengthwise yarns. Some are woven to make diagonal lines. This is a twill weave. Some dressy fabrics have a satin weave.

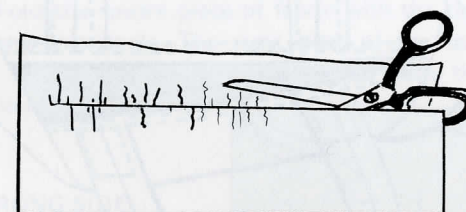
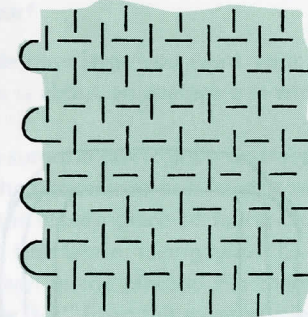
2. *Knitting*—Yarns form a series of loops which hang one upon the other. Look at your socks or a T-shirt. These are knitted.

3. *Bonding*—A piece of felt is an example of wool bonding. Some man-made fibers are held together with an adhesive. This is another kind of bonding.

Look at your woven fabric again. It has a selvedge or "self edge" on two sides so it does not ravel. Look at the ends. Was the piece of material torn from the bolt? If it was, it is straight. If it does not have torn ends, pull out one of the crosswise threads. This will be straight. Cut along this line.

Sometimes material is stretched when it is rolled on the bolt. Lay your piece of material on a table with one selvedge exactly on the edge of the table. Does the torn end of your piece of material lay square with the other side of the table? If it is not straight, you may be able to straighten the material by pulling it or by dipping the piece of material in water and smoothing it out to dry. Press the material. A smooth material is much easier to sew.

SELVEDGE



SELVEDGE

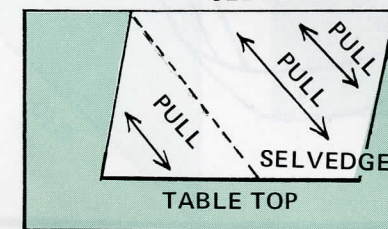
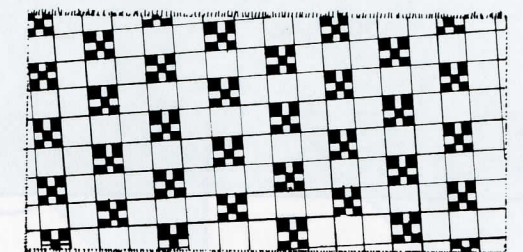
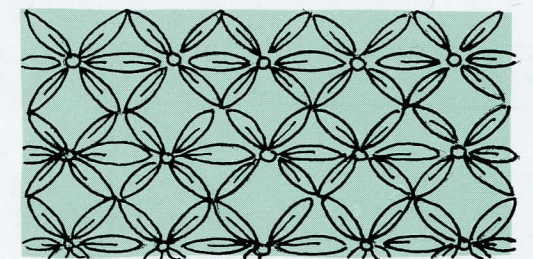


TABLE TOP



PRINTED CROOKED

A Book Bag

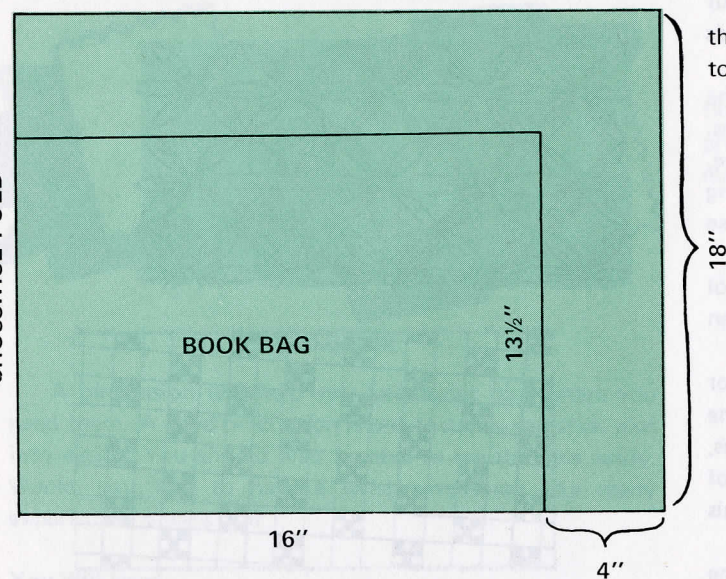
Choosing Fabric for Your "Book Bag"

1. Choose a strong, durable, colorfast fabric that doesn't fray badly.
2. If the fabric is printed, be sure the fabric is printed straight with the grain.
3. Choose a color that goes well with an outfit that you have. You might like to make it in your school colors.
4. If you choose a plain color, you might like to add a design, initial or some other type of decoration to give it your own special touch.



FINISHED BAG

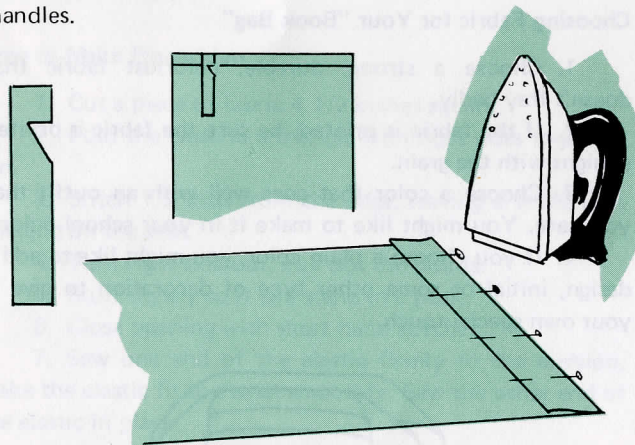
CROSSWISE FOLD



Making Your "Book Bag" or "Tote Bag"

You will need to buy 18 inches of 36" material or 15 inches of a wider fabric. You will also need some matching thread.

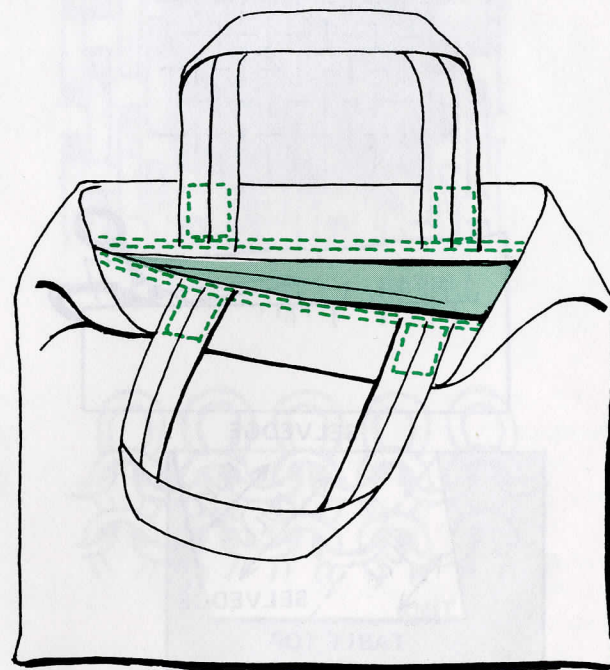
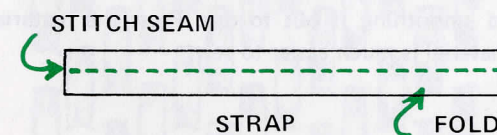
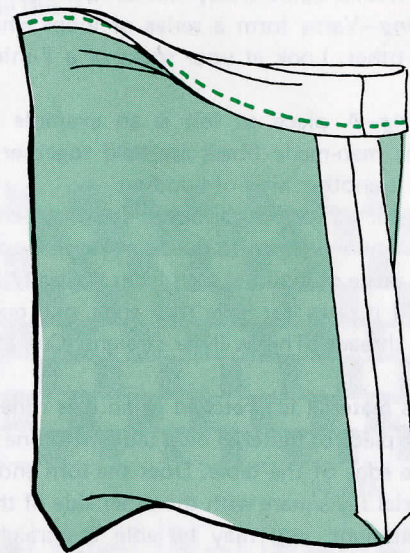
1. Lay your fabric on a crosswise fold.
2. Cut one piece of fabric 16" (doubled) by 13 1/2".
3. Cut 2 strips of fabric 15" by 4" for straps or handles.



Sewing and Pressing the Bag

1. Set your measuring gauge at 1/4" or make a gauge out of cardboard.
2. Use this gauge to measure and turn under the top edge of the bag 1/4". Press, then stitch.
3. Pin side edges of bag together. Place pins at right angles to the edge.
4. Stitch the side seams, allowing 1/2" to 5/8" seam allowance. Clip bottom corners and press the seam open.
5. Measure 2" from top edge of bag. Turn this down to make a hem. Press, pin and stitch this hem.
6. Pin side edges of each strap together. Stitch a 1/2" to 5/8" seam. Press seam open. Turn straps right side out and press so seam will be in the center and on the under side of the strap.

7. Pin straps in place about 2" from the side seam of the bag (you may need to baste them in place). Then stitch to the hem of the bag.



A Head Scarf

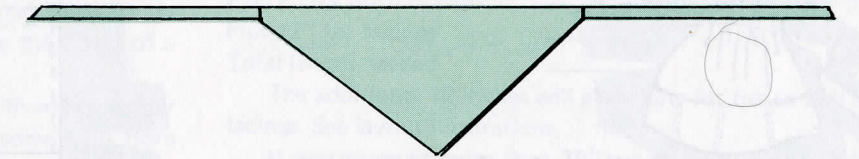
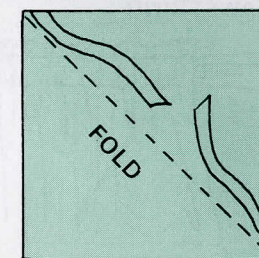
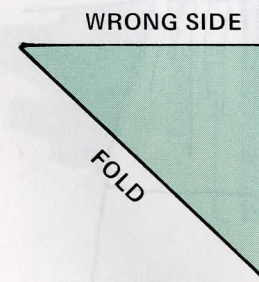
A head scarf is fun to wear and easy to make. Perhaps you have made a scarf like this before. You might like to make another to go with your Quick Trick Skirt or "Cover-up." Or you might like to make a new style like ones you see in fashion magazines.

You Will Need

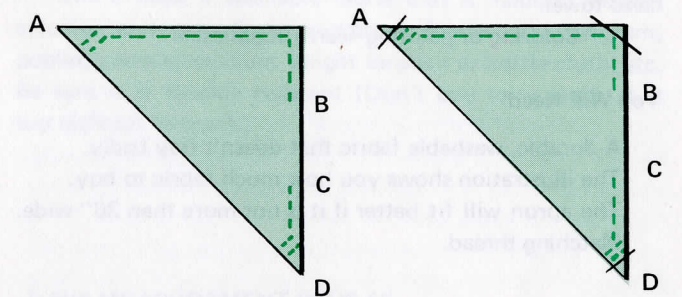
1. 1/2 yard of fabric that goes with something you already have or plan to make.
2. Matching thread.
3. 2/3 yard of grosgrain ribbon that is 3/8" wide and matches or contrasts with the scarf fabric.

Making the Scarf

1. Decide how large you want your scarf to be. A 15" to 16" square is about an average size when it is folded into a triangle.
2. Make sure the fabric grain is straight.
3. Cut the ribbon into two lengths each 12" long.
4. Lay the square piece of fabric on the table with the right side of the fabric facing you. Lay the ties at two corners as shown in the picture. Pin them. Stitch across the ends of the ties 3/8" from the edges at the corners.
5. Fold the square piece of fabric with the ties inside so it forms a triangle. The right sides of the fabric are together. Pin. It may be easier for you to baste the edges before stitching.



FINISHED SCARF



6. Begin stitching at point A. Backstitch to hold thread firmly in place. Stitch on 1/2" seam line from A to within 1/2" of the next corner. Shorten your stitches to 14-15 per inch to strengthen the seam around the corner. At the corner, leave your sewing machine needle in the fabric. Lift the pressure foot. Turn the fabric and make 1 or 2 stitches across the corner. Change stitch back to where it was and stitch to B. Leave 3" open between B and C so you can turn the scarf right side out. Begin at C. Remember to backstitch or tie the thread ends so the seam won't pull out. Stitch to D and across the corner. Backstitch or make a knot.

7. Trim off the corners and trim one seam edge to 1/4" wide and the other to 3/8". This is called grading and makes a less bulky seam.

8. Press seams open.
9. Turn scarf right side out. Ease out the corners.
10. Press scarf along edges at seam lines. Close the opening between B and C by pressing. Then slip stitch to keep it closed.
11. Cut ends of grosgrain ribbon on the bias to keep them from fraying.
12. Press the whole scarf. Now it's ready to wear.



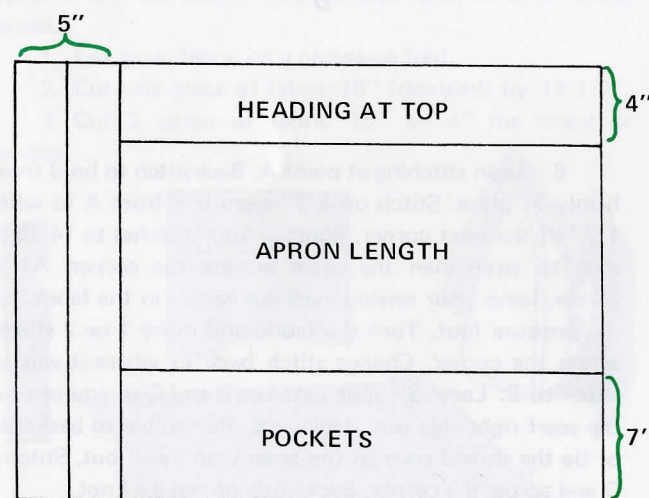
The Handy Ann Apron

It's easy to make and will protect your dress or slacks. The four pockets make it useful for many things such as:

- Cleaning—you can carry your supplies.
- Cooking or baking—a place to keep potholder and hand towel.
- Coloring or painting—carry supplies.

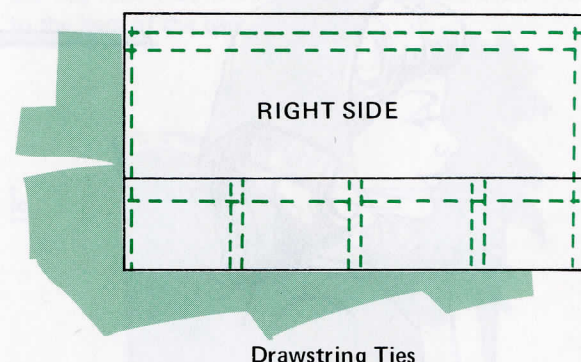
You Will Need

A durable, washable fabric that doesn't fray badly. The illustration shows you how much fabric to buy. The apron will fit better if it is not more than 36" wide. Matching thread.



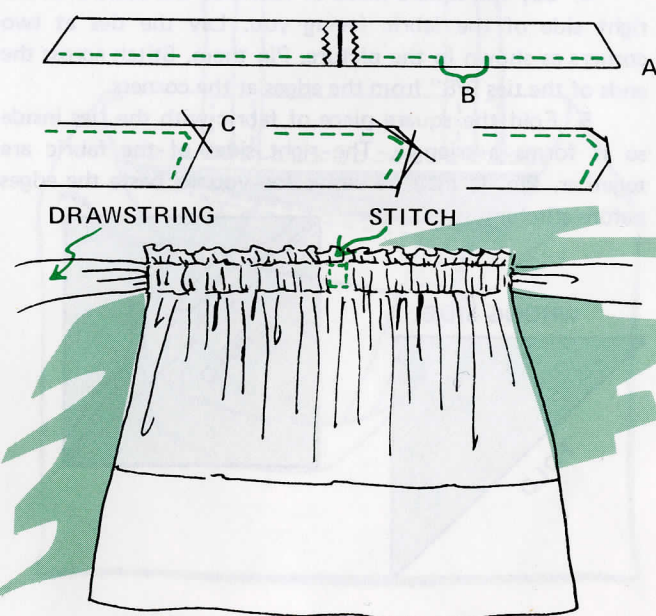
Making the Apron

1. Straighten the fabric.
2. Measure and cut off the ties.
3. If there is no difference on the right and wrong side of the fabric such as chambray or gingham, measure 7" for pockets. Turn it up on the right side. If there is a difference, such as percale, cut off 7" for pockets.
4. Hem the top of the pocket finished hem about 1".
5. Place right side of pocket on the wrong side of the apron with edges meeting at the bottom. Turn and stitch a seam. Press pocket upward.
6. Stitch pocket divisions.
7. Hem sides, including the edge of the pockets in the hem.
8. Hem top of apron with a width of 1 1/2" to 1 3/4".
9. Make another row of stitching about 1/4" to 1/2" from the top of the apron to make a heading.



Drawstring Ties

1. Seam the two strips together.
2. Press the seam open.
3. Fold the two pieces together with the right side of the fabric turned inward.
4. Stitch about 1/4 inch from the edge as shown. At corners (A) take one machine stitch across the point instead of making a sharp turn with the machine. Leave an opening as shown (B) so the drawstring belt can be turned.
5. Trim the material at the corners as shown (C).
6. Turn the belt right side out.
7. Turn the edges of the opening to the inside and baste.
8. Press the belt for a more finished look.
9. Stitch with the machine 1/16 to 1/8 inch from the edge around all sides of the belt.
10. Use a large safety pin to run the drawstring through the apron heading.
11. Stitch drawstring in place at center of apron to keep it from pulling out.
12. Press your apron carefully with the grain of the material. It may be necessary to use moisture to press it well.



Making A "Cover-up"

A "Cover-up" has many uses. You can wear it over your swim suit or over shorts. It can protect your dress like an apron. It can be worn over a dress and give the effect of a jumper.

You will need to make a paper pattern from newspaper or brown wrapping paper. You will need some help from your mother or leader. After the pattern has been cut, pin the shoulder seams together and try it on to see if it is as long and as wide as you want it. It should slip over your head easily. Remember, when the neckline is faced, it will be larger.

The width of fabric you will need: Yo

Your hip measurement _____ (For 28" hip) 28
Plus 8" _____ 8
Total width needed _____ 36"

Length of fabric needed:

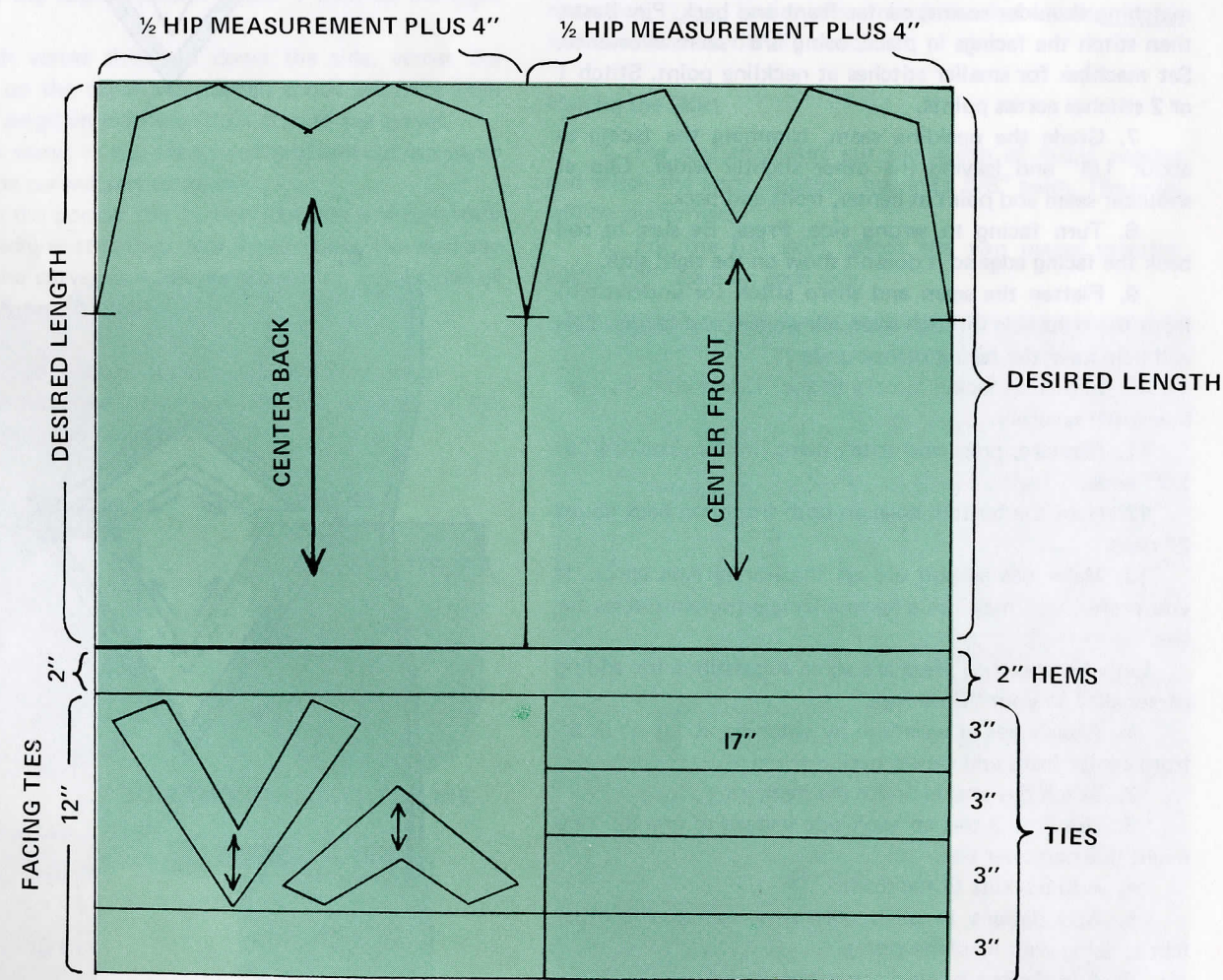
Length you want _____ (example) 24
Plus 2" for bottom hem _____ 2
Plus 12" for facings _____ 12
Total length needed _____ 38"

The additional 12 inches will also allow for ties as well as facings. See layout illustrations.

If you measure more than 28" around the hips you will need to buy wider material or double your desired length plus hem allowance.

Kind of Fabric

You'll need a washable fabric that is medium weight, colorful and gay. Some suggested fabrics are: gingham, poplin, percale, medium weight tarpoon or kettle cloth, etc. Be sure it is wrinkle resistant (Don't buy terry cloth. It is too difficult to sew.).



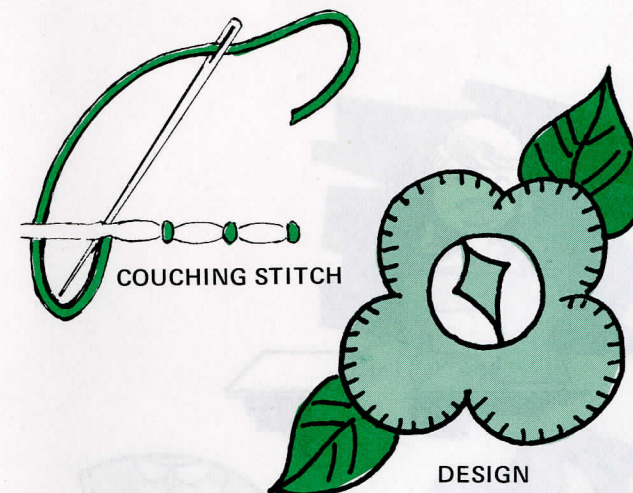
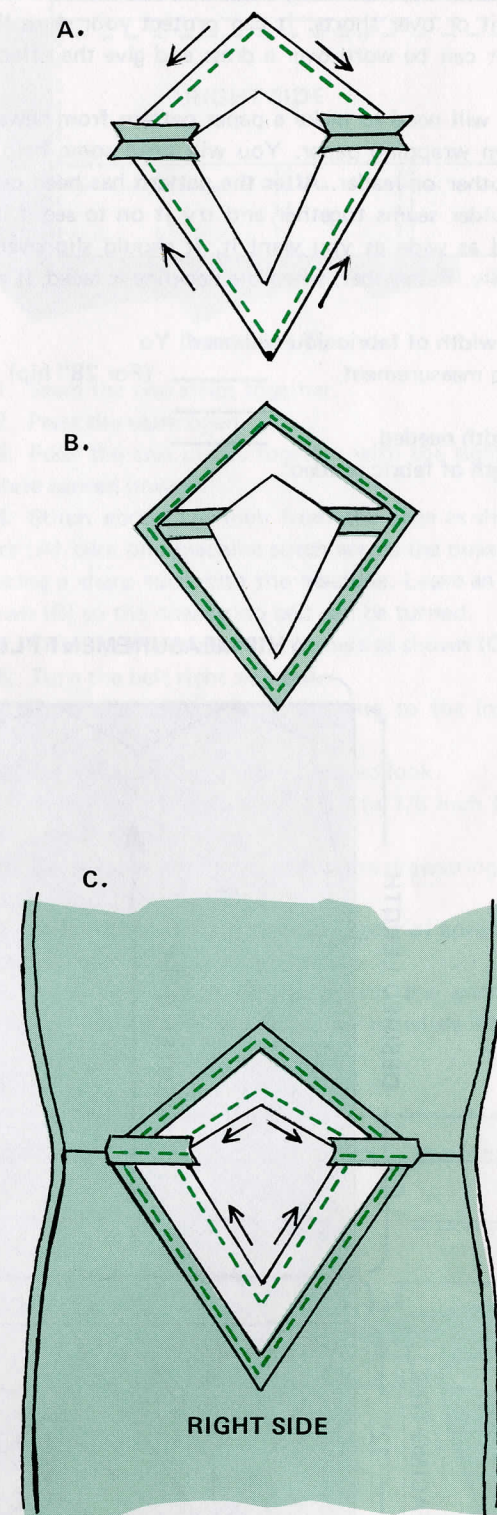
**LAY-OUT FOR 28" HIP
MEASUREMENT ON 36"
WIDE FABRIC**

Making Your "Cover-up"

1. Cut the front and back according to your paper pattern.
2. Facings are cut exactly like the necklines and upper shoulder. Cut them about 3" wide.
3. You will learn to stay stitch. This is a line of machine stitching 1/2" from the seam edge. It keeps pieces of fabric from stretching. Stitch with the fabric grain:
 - (a) From neckline to tip of shoulder seam.
 - (b) From point of neckline to tip of shoulder in both front and back.
4. Stitch front and back shoulder seams together using a 5/8" seam. Do the same with shoulder facings. Press seams open.
5. Make a clean edge finish on the outer edge of the facing. To do this stitch 1/4" from the edge. Press the edge under, using the 1/4" stitching as a guide for turning. Then top stitch the turned edge.
6. Lay right side of facing on right side of "Cover-up", matching shoulder seams, center front and back. Pin. Baste, then stitch the facings in place, using 5/8" seam allowance. Set machine for smaller stitches at neckline point. Stitch 1 or 2 stitches across points.
7. Grade the neckline seam, trimming the facing to about 1/4" and leaving the other slightly wider. Clip at shoulder seam and point at center, front and back.
8. Turn facing to wrong side. Press. Be sure to roll back the facing edge so it doesn't show on the right side.
9. Flatten the seam and sharp stitch (or understitch) from the right side through seam allowances and facing. This will help keep the facing turned under.
10. Slipstitch facing loosely to the "Cover-up." At seam line stitch securely.
11. Measure, press and stitch hems on the sides 1/4" to 1/2" wide.
12. Hem the bottom edge on both front and back about 2" deep.
13. Make ties as you did on the Handy Ann apron. If you prefer, you may use a harmonizing grosgrain ribbon for ties.

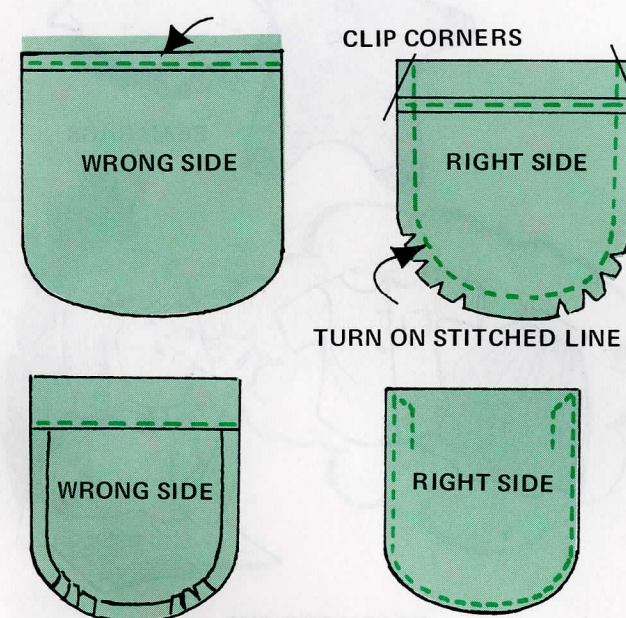
Let's be creative! Here are some suggestions for adding personality to your "Cover-up."

1. Attach ties at waistline by stitching about 5" or 6" from center front and center back.
2. Stitch ties at side under the hem.
3. Use 2 or 3 ties on each side instead of one tie. You might like narrower ties.
4. Add pockets to the front.
5. Add designs to plain colors by appliqueing other fabric, using your machine zigzag.
6. Add designs by using an adhesive and press it on (an iron-on design patch).
7. Write your name or a slogan by using a heavy cord and a couching stitch to fasten it to the "Cover-up."



How to Make Pockets for the "Cover-up"

1. A piece of fabric 5 to 7 inches is a good size for each pocket. Round the two bottom corners of each pocket.
2. Turn 1/4 to 1/2 inch at top of pocket to wrong side and stitch.
3. Fold the top of pocket about 1 inch to the right side. Pin.
4. Stitch across this fold down the side, across the bottom and up the other side. Stitch about 5/8 inch from the edge and lengthen machine stitch around the curves.
5. Trim seams at the corners of fold and cut out some notches on the curved part as shown.
6. Turn the pocket top to the right side and turn back along the machine stitching. Slip a pin under the machine stitching at the curves and lift the threads to make it gather slightly as you turn it under.
7. Press.
8. Stitch pocket top in place or stitch trim on it.
9. Have someone help you pin the pockets at the proper place on your "Cover-up."



10. Baste.
11. Topstitch and reinforce the corner as shown.
12. Bring both machine threads to the wrong side and tie.

The Quick-Trick Skirt

You can make a skirt for yourself in a very short time.

What You Will Need

1. You need a fabric that is durable, washable, colorfast and wrinkle resistant. Read the label on the end of the bolt of fabric to learn about the fabric. To decide the amount of fabric to buy, measure the length of skirt from waistline to the bottom of the hem. Length of skirt _____ inches plus 7" for hems.

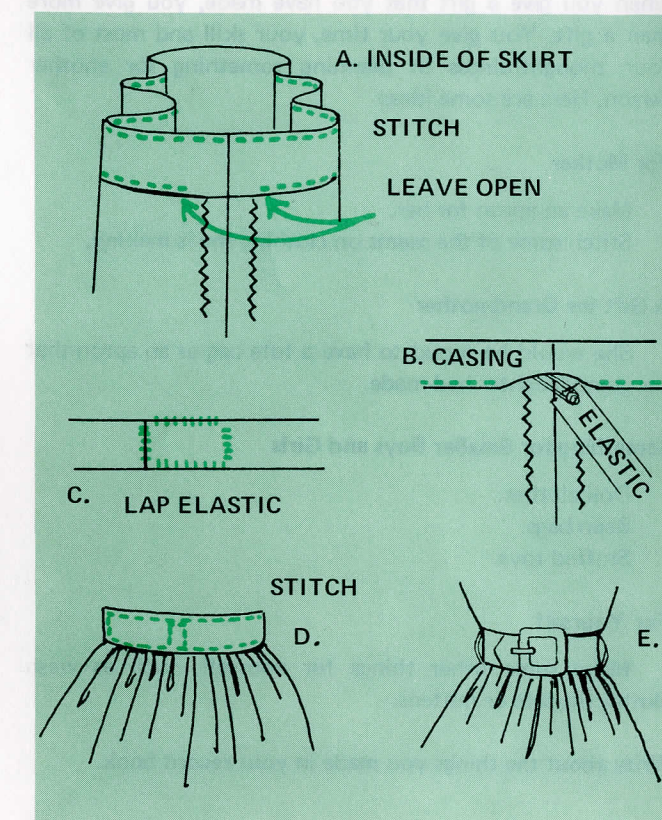
If you want a slim skirt, measure your hipline and add 9" on lightweight fabrics, 6" or 7" on heavier weight fabrics.

If you want a full skirt, double the amount of fabric.

2. Elastic 1/2" to 1" in width—depending on how wide you want the casing. Measure around your waist. Waist measure _____ inches plus 1 inch for lap equals _____ inches of elastic you will need.

Making the Skirt

1. For the slim skirt cut the width of fabric needed and stitch the ends together, making a 5/8" seam. The seam will be center back.
2. For the full skirt, stitch the two pieces together with a 5/8" seam on each side.



3. If the selvedge seems tight, snip it every 3 or 4 inches.

4. Press the seams open.

5. Fold and mark center front and back.

6. The width of the hem at the top of the skirt will depend on the width of elastic. Your mother will help you measure this. Leave an opening of 1 to 2 inches in the hem. You may like to stitch about 1/4 inch from the top to make a heading.

7. Draw the elastic through the casing with a safety pin.

8. Lap the ends of the elastic and sew the two together with an overhand stitch.

9. Close opening with hand stitches.

10. Put skirt on and check length.

11. Hem bottom of the skirt.

12. Distribute the fullness evenly at the top of the skirt. Put a pin through the elastic at each side seam and at center front and back. Stitch through the elastic at these points to keep it in place.

13. You will need belt loops if you want to wear a purchased belt with this skirt. Make a belt loop like straps for the Book Bag, only narrower. Your leader will help you decide how many loops you need, how long to make them and how to fasten them for your particular skirt.

"YOUR HANDS TO LARGER SERVICE"

You have lovely, clean hands. Are they also useful hands?

Use them to make a gift for, or to help, someone else. When you give a gift that you have made, you give more than a gift. You give your time, your skill and most of all your thoughtfulness in planning something for another person. Here are some ideas:

For Mother

Make an apron for her.

Stitch some of the seams on clothing she is making.

A Gift for Grandmother

She would be proud to have a tote bag or an apron that her granddaughter had made.

Something for Smaller Boys and Girls

Doll clothes.

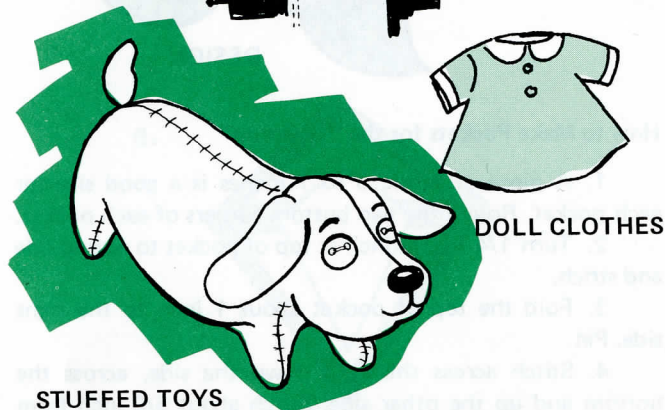
Bean bags.

Stuffed toys.

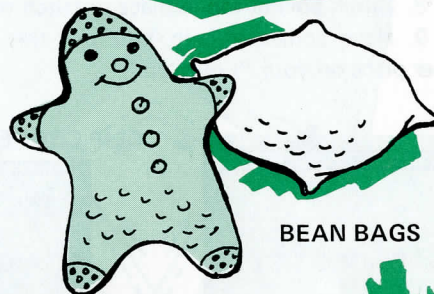
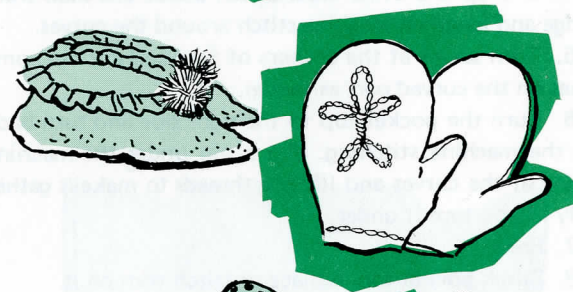
For Yourself

Make some other things for yourself, such as wash cloths, slippers or mittens.

Write about the things you made in your record book.



STUFFED TOYS



BEAN BAGS



READY FOR THE
NEXT PROJECT!